

The Fort Huachuca Scout.



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Photo by Dan Simon

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Chalk Talk

Colonel Johnston Elementary

The Students of the Week for October 31 through November 4 were Simeon Halsey, Nardello Keith, Vladislav Nikolaychuk, Mia Colbert, Dasia Smith, Evan McWilliams, Margaret Crowe, Michael Roberts, Alexis Kelly, Charilys Silva, Jacob Brummond, Duncan Minton, Rebecca Gunter, Ashley Neumann, Malachi Gray, Summer Wary, and Asia Haywood.

Mrs. Draeger's third grade class has started a unit on Native Americans. They've started learning about the Northeastern tribes. They are understanding that these

tribes lived on what was naturally in their environment. Longhouses were constructed from the logs of a nearby forest. Deer, rabbit and berries were their prime food sources. They will study the Plains Indians next. This group relied upon the buffalo for their needs. Skins were made into teepees. Buffalo chips fueled their fires. Strips of buffalo meat were eaten and made into jerky to sustain them throughout the year. The Southwestern Indians made their homes in cliffs. They grew crops using irrigation from nearby rivers. These Indians also used the plentiful sand to create art, such as sand paintings. They used wool from

sheep to weave beautiful blankets. The earth itself was used to make pottery and adobe huts. The Northwestern tribes used the nearby Pacific to hunt whales with a harpoon. Salmon was fished out of the rivers. Cedar trees were used for clothes and for making totem poles.

The second grade classes of Mrs. Clemente, Mrs. Glow and Mrs. Sherwood celebrated Pumpkin Day with a variety of activities. The children were divided into groups and rotated to different classrooms where they got to do pumpkin

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CFC extended as length to goal shortens

BY JAMES A. CHAMBERS
DEPUTY GARRISON COMMANDER

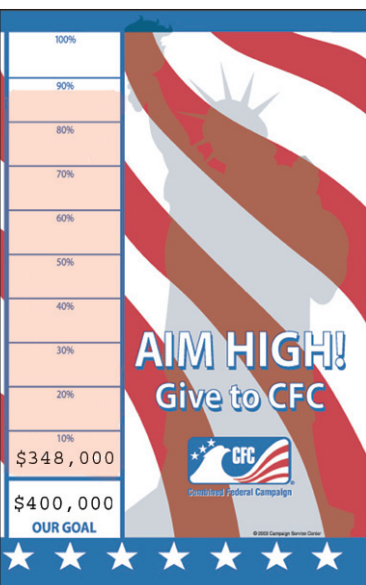
Come on team, time to stand up and get counted. We are approaching

\$330,000 and just \$70,000 off the mark at \$400,000. We cannot quit now, so we have requested and received permission to extend the Campaign for two weeks to 18 November. I know we can do this!

Like the garrison commander showed us - a few less cokes, a few less bottles of water - talk it up, cheer each other on, reach for the pockets and let's commit together to get over the mark. Together,

we CAN reach our goal of \$400,000. Thanks for what you have done, and thanks in advance for what I know we can achieve if we pull together. All the way!

Scout On The Street



PFC. CODY FLOWERS
COMPANY F, 309TH MILITARY
INTELLIGENCE BATTALION



PFC. KYLE FRAZIER
COMPANY F, 309TH MILITARY
INTELLIGENCE BATTALION



STAFF SGT. GEORGE HARRIS
NCO ACADEMY



DAWN LAMPE

What does Veterans' Day mean to you?

I think it's a great way to show respect for people who have served in the past It's a way to look back and thank them.

It's a time when we should really be thinking about all those people we lost overseas and all the people that are still going to go.

It has a personal meaning for me, my grandfather was in the Korean War and he's the reason I joined the Army just to pay homage to him.

To remember all the Soldiers that have served our country.

The Fort Huachuca Scout

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Army offers help for returning Soldiers

TRADOC NEWS SERVICE

Soldiers who are returning from duty in Operations Iraqi Freedom and Enduring Freedom may suffer Post Traumatic Stress Disorder or from depression to the point of suicidal thoughts. The Army recognizes this and has several established programs designed to ease Soldiers' transition back home. But the first line of defense may be Soldiers' family members and friends.

Like the Army's Operation Guardian Angel program, family and friends may be "guardian angels" to Soldiers' mental health. As the Operation Guardian Angel Website says, "During the war, Army buddies watch over each other. When servicemembers leave their buddies and return home, they will need family and friends to watch over and assist them through what could be a difficult time of readjustment. ... They are returning from a war zone. Many have been there for 12 months or longer. Returning home will be a major adjustment for them. They will have to reintegrate and learn a normal lifestyle again. Driving, social interaction and everyday life will be much different than what they experienced in Iraq (and Afghanistan)."

Family and friends may not know what to do to help their Soldiers, but the Army offers some information and programs to assist.

Post Traumatic Stress Disorder

Soldiers who find themselves continuously feeling angry, suffering from anxiety or are having trouble falling asleep after their deployment has ended may have the signs of PTSD. Actual symptoms of PTSD include depression; isolation — feeling withdrawn from family and friends; alienation— absence of meaningful contact with others; avoidance of feelings — inability to feel or express feelings; rage — bouts of unexplained anger, which may be internal or acted out; anxiety, which includes unexplained nervousness, tension, or hyper-alert feelings; sleep disturbances; intrusive thoughts, which are recollections of traumatic experiences that appear for no apparent reason; and startle responses — unusual, involuntary reactions to loud noises.

"PTSD is when a person has been exposed to a traumatic event that involved actual threat of serious injury, and they re-experience the event from recurring and intrusive recollection," explained Maj. Ronald E. Ellyson of the TRADOC Surgeon's office. "It's dreams, acting or feeling as if (the event) were recurring, and it disrupts their ability to conduct their life's normal activities."

Ellyson said PTSD involves feelings that come back as a trigger device and activities, places or people. He said these devices may prevent the Soldier from sleeping, may cause them to be irritable and angry, and may affect their concentration.

Any Soldier or family members of returning Soldiers who may notice these symptoms can either seek counseling from the chaplain's office or visit their post's mental-health facility. These are just two available avenues for coping with the troublesome illness.

"We refer them to the medical folks, who then set them up with psychological counseling," explained TRADOC's command chaplain, Chap. (Col.) Lilton J. Marks. "We give the medical folks the lead as far as having that long-term therapy."

Marks said the chaplain's offices are available to talk with and offer spiritual guidance to Soldiers, in addition to several other programs available.

As for family members, those who oftentimes find themselves dealing with or are on the receiving end of the servicemembers' wrath due to PTSD, there are programs that are also available to them.

"Most of the larger posts have mental-health facilities staffed with people who are trained to accommodate servicemembers and their families," explained Fort Monroe's post chaplain, Chap. (Lt. Col.) Wilbert Harrison. "There are also social workers, chaplain services that are available to help people cope with their problems, whatever they may be."

Harrison added that although Fort Monroe doesn't have a social-worker service, one can be found at nearby Fort Eustis, Va. He said there is always a referral service available to guide family members to agencies that can offer assistance. But the important thing to remember is that the family members should call and ask for help once they notice their loved ones have symptoms of PTSD.

Their first step should be to call the mental-health facility, or if there is no mental-health facility, the post chaplain's office.

Chap. (Col.) Hugh Dukes, staff chaplain at Fort Knox, Ky., explained there are other avenues Soldiers and their families can take to combat PTSD.

"One of the things we did was to welcome the 16th Regiment's folks back from Operation Iraqi Freedom and Operation Enduring Freedom," he said. "Regardless of whether they deployed from Fort Knox or were attached to other units, such as the 3rd Infantry Division at Fort Stewart, we welcomed them back.

"Then we offered all servicemembers an opportunity to come to an OIF/OEF support group to discuss various issues they dealt with during their deployment," he added. "We are also getting support from the community mental-health clinic."

Dukes said for family members, there are also support groups and opportunities available to them as well.

"Family members can go to the command chaplain's office, Army Community Service and their full range of programs, or the post hospital as well as Army One-Source," Dukes said.

Army One-Source is a 24-hour, seven-days-a-week toll-free information and referral telephone service available to active and mobilized Reserve Component Soldiers, deployed civilians and their families worldwide.

"Army One-Source is a contract the Army has with a service provider, which provides servicemembers and family members with caregivers in the immediate area," Dukes explained. "You don't have to go through the chain of command."

According to the AOS Website, some

other programs that AOS offers include phone and on-line access to experienced, professional consultants; real people to talk to when you need an answer to a question; free booklets, audio recordings and other materials to help you get the answers you need in the format you want; referrals to resources, services and support in your community; a commitment to always being there when you have a question or need help; and an award-winning Website with on-line articles, workshops, locators and more.

Marks added that there are still other facilities and programs available to assist Army families.

"We use our family programs to assist the families," he said. "We do marriage retreats, and we also work side-by-side with the mental-health clinic. We also offer our Building Strong and Ready Families program, which brings the families closer before and after deployments. We coordinate with family advocacy folks to deal with prevention training on domestic violence and drug abuse."

See PTSD, Page A14



Photo by Thom Williams

Blood drive

Staff Sgt. Jorge Vargas from the Fort Bliss Blood Donor Center draws blood from Amber Gonzalez at Eiffler Gym Oct. 26. Organizers of the blood drive hoped to collect 300-500 units of blood during the monthly event. The next blood drive is scheduled to take place from 2 to 8 p.m. Nov. 29-30 at Eiffler Gym and will be the last drive of the year. According to the Armed Services Blood Program Web site, in addition to providing blood to those in need in combat situations, the program also supports the peacetime needs of military personnel and their families.

Army G-2 addresses Fort Huachuca role



Photo by Thom Williams

Lt. Gen. John F. Kimmons, Deputy Chief of Staff for Intelligence addresses attendees at the Military Intelligence Corps Association Luncheon at the Thunder Mountain Activity Centre. Kimmons briefed the gathering on "Persistent and Evolving Threats."

BY THOM WILLIAMS
SCOUT STAFF

The Deputy Chief of Staff for Intelligence was the guest speaker at the Military Intelligence Corps Association luncheon at the Thunder Mountain Activity Centre Oct. 31.

Lt. Gen. John F. Kimmons gave a presentation on "Persistent and Evolving Threats" to the gathering of intelligence professionals.

Kimmons' presentation was on the importance of fusing together intelligence assets to include the FBI, CIA, Defense Intelligence Agency

and National Security Agency and placing all military intelligence into a flat network so that any analyst can reach out and tap into the information needed to complete the intelligence picture.

He also spoke about shaping the force to more effectively support the war fighting commander.

"Fort Huachuca plays a critical role because it's really where our doctrine comes together with our lessons learned from the Global War on Terrorism," Kimmons said.

"As we grow a larger human intelligence capability, as we create and come up with methods to share information better and faster to help empower our analysts...the test bed, the seed bed for that is here at Fort Huachuca."

Kimmons went on to say Fort Huachuca is a unique center of excellence to tryout new things, apply the lessons learned in combat and then change the way Soldiers are trained.

Fort Huachuca is the center for excellence and there is nowhere in the United States where all the intelligence disciplines come together to be trained, he added.

The graduate of The Citadel, Military College of South Caro-

lina, went on to say he thinks Fort Huachuca will grow as the mission expands.

"I believe that a lot of the training, which is being done now in a single service context, is in the next year or two going to become expanded to a Joint context," he said. "The standards that we are polishing now on the Army side will become Joint standards."

Kimmons said there is great importance in training and working with foreign officers.

"I think it is a good thing we benefit from it, and we also benefit from just getting to know these officers and Soldiers because we have to understand those cultures starting from when we are lieutenants, captains and sergeants first class," he said.

Shifting focus to the MI students on Fort Huachuca, Kimmons said, "I couldn't be more pleased or proud of them for what they are doing, and the work that they are doing here has never been more important to Army and to the joint force and to the nation.

"It a real privilege to serve with them and it makes you want to get up everyday and come to work and try to help them do their job."

Ft. Huachuca hosts 15th Annual Holiday Tour of Historic Homes

SCOUT REPORTS

On Dec. 4, the residents of a dozen historic military quarters on Fort Huachuca will open their doors to curious visitors for the much anticipated annual holiday home tour. Everyone is invited to come celebrate the holiday season as the historic homes are decked with Christmas finery.

For the past fifteen years, post has marked the beginning of the holiday season with the Holiday Tour of Historic Homes. The Fort Huachuca "Old Post" area, a national historic landmark, will be lit by the soft glow of luminaries as the public is given a rare glimpse at the interior of these homes. "Annually, the Tour has indulged hundreds of visitors who have enjoyed the opportunity to view not only elegant holiday decorations, but also the unique items that the residents have collected from all over the world," stated Cristi Cardenas, chairperson for the Tour.

The tour is sponsored by the Fort Huachuca Community Spouses' Club.

All proceeds from this event go back into the community through scholarships and disbursements. Tour hours will be from 2-6 p.m. on Dec. 4.

The houses on the tour remain as they were decades ago. The foundations for these historic houses were laid in 1883, after General William T. Sherman approved the construction of a permanent facility. Each of the homes featured is named after an important individual who was instrumental in the development and planning of Fort Huachuca and the Army. Homes included on this year's tour are as follows: Carleton House, Cruse House, Carr House, Crook House, Pershing House, Winans House, Macomb House, Sanford House, Morrow House, and three historical duplexes.

It is important to note that this year the Pershing House (Quarters #1) will be available to tour. Last year Pershing House was under renovation and was not included. Also, the Carleton House, also affectionately known as The Ghost House, will be open this year where

there will be a variety of items available to purchase such as Polish pottery, ornaments, baskets, jewelry and other post memorabilia. The Carleton House is the oldest building still existing on post and used to serve as the post hospital and morgue.

In addition to the homes available to tour, there will be a festive atmosphere all around the area as the Army Band and other musicians fill the air with music and carols. During the event, one can take a break and enjoy refreshments of hot spiced cider, hot chocolate and baked goods as the joy of the holidays and the beauty of the scenery delights the soul.

To add to the ambiance, "B" Troop soldiers outfitted in period dress will be posted at the entrance of every house on the tour. Post's historic museum and gift shop will also be open.

For safety purposes, no children under ten will be admitted. Carriages and strollers are also not permitted due to stairways and crowds; however, babies that are carried or in backpacks

will be allowed. The homes on the tour are not wheelchair accessible. No photos or videos may be taken inside the houses. Reparations have been made to have Soldiers on hand to assist persons requiring help up and down stairs. There will also be golf carts available to transport persons who are unable to walk the distance of the tour.

All visitors not in possession of a DoD decal must stop at the Main Gate Welcome Center and show a valid driver's license, proof of insurance and vehicle registration or rental agreement in order to get a temporary visitor's pass. The driver of any vehicle and all passengers 18 years and older, will need to show a valid photo ID issued from a recognized federal or state governmental institution such as the Department of Motor Vehicles as they pass through the checkpoint. Foreign visitors must be sponsored by authorized personnel with a Fort Huachuca affiliation.

Fort Huachuca, which remains an

See **HOMES**, Page A11

Canine influenza- answers and guidelines

BY CAPT AMY L. PIKE

CHIEF, FORT HUACHUCA VETERINARY
BRANCH

Because of the recent widespread media coverage of the canine flu, we at the veterinary clinic would like to let the public know the facts, dispel the myths, and answer the frequently asked questions regarding the disease.

Canine Influenza is a highly contagious respiratory illness in dogs caused by a virus. This virus is closely related to a horse flu virus, and probably mutated from that to produce the canine version.

Because this is a new emerging virus in canines, all dogs are susceptible and have no immunity. Dogs that are housed in kennels, attend dog parks or doggie day care, or attend shows or sporting events are more likely to acquire the disease due to increased exposure to other dogs. There is currently no vaccine against the

virus.

The virus is spread through direct contact with respiratory secretions from infected dogs or by contact with contaminated inanimate objects, similar to the common cold. The symptoms of the canine flu are similar to the kennel cough syndrome. These include a dry or moist cough and thick colored discharge from the nose. In the more severe cases, a high fever (104F-106F) and clinical signs of pneumonia will occur. While the disease is highly infectious, the mortality rate is fairly low, and occurs mostly in dogs left untreated for their secondary pneumonia.

If your dog develops symptoms, or has a known exposure to an infected dog, what should you do? Make an appointment with your veterinarian immediately. The veterinarian will examine your dog and determine the best course of treatment. In the mean

time, you will need to limit your dog's travel and keep them away from other dogs to limit the spread of infection. Also, you will need to call any grooming, veterinary or boarding facilities to which your pet frequented in the past month and let them know your dog is showing symptoms. This way, they can take the proper measures to inform other clients of potential exposure, and monitor their cleaning procedures.

In summary, the canine flu is a virus spread from infected dogs to susceptible dogs. Watch your pets for symptoms such as coughing or nasal discharge and notify your veterinarian immediately if symptoms occur. Prevention measures include limiting exposure to other dogs, especially those showing symptoms of the flu or kennel cough syndrome. Good hand washing practices and cleaning procedures at animal facilities are key to preventing transmission.

As this is an emerging disease, new information will continually be updated as discovered. A good website to visit is the Centers for Disease Control at www.cdc.gov/healthypets

If you have any questions, please feel free to contact the veterinarians at the Fort Huachuca Veterinary Treatment facility at 533-2767.



Photo by Esau Lolis

A check up at the Fort Huachuca Veterinary clinic can determine if a dog is suffering from Canine Influenza.

Lending locker gets new car seats

BY ESAU LOLIS
THE SCOUT

The Fort Huachuca Army Community Services' lending locker received 12 infant/toddler car restraint seats from Government Employees Insurance Company Oct. 31.

Before the car seats were unloaded, Dennis Maruska, director Morale, Welfare and Recreation, presented Allen Walker, GEICO field representative, with a framed certificate of appreciation from the Fort Huachuca ACS.

"GEICO gives out thousands of cars seats a year and when they wear out [GEICO replaces them]," Walker said. "We spend a lot of time sponsoring the military, and this is one of the programs we offer."

Since 1984, GEICO has donated more than 10,000 infant and toddler car seats for use by military families as part of their Baby's First Ride Program.

Walker said GEICO's mission has always been to aid military families.

"The [GEICO Field Representative Program] was specifically started to have field representatives outside the military bases,

Army, Air Force, Navy and Marines," Walker said. "Our job is to help the military families with insurance policies."

ACS Family Services Coordinator Pam Allen said having car seats on hand eases transitions for families.

"The car seats donation enables families that are transitioning, who may have not a car seat and for visiting families who may have not brought a car seat with them, to borrow one from the lending locker," Allen said.

"We are in a very unique situation because we have such great support from the local community," Allen said. "Local sponsorship makes a tighter community by tying the local community with the Fort Huachuca community."

"It was a wonderful program, and we are appreciative of GEICO's generosity on a continuous basis," she said.

The Fort Huachuca lending locker is located in Army Community Services, Building 50010. It houses an assortment of high-need household items such as car seats, dishes, cookware, high chairs, cribs and small appliances.

For more information on the Fort Huachuca lending locker, call 533-2330.



Photo by Esau Lolis

Dennis Maruska, MWR Director, helps Allen Walker, GEICO field representative unload 12 infant/toddler car restraint seats. GEICO donated the car seats to the Fort Huachuca Army Community Services' lending locker Oct. 31.

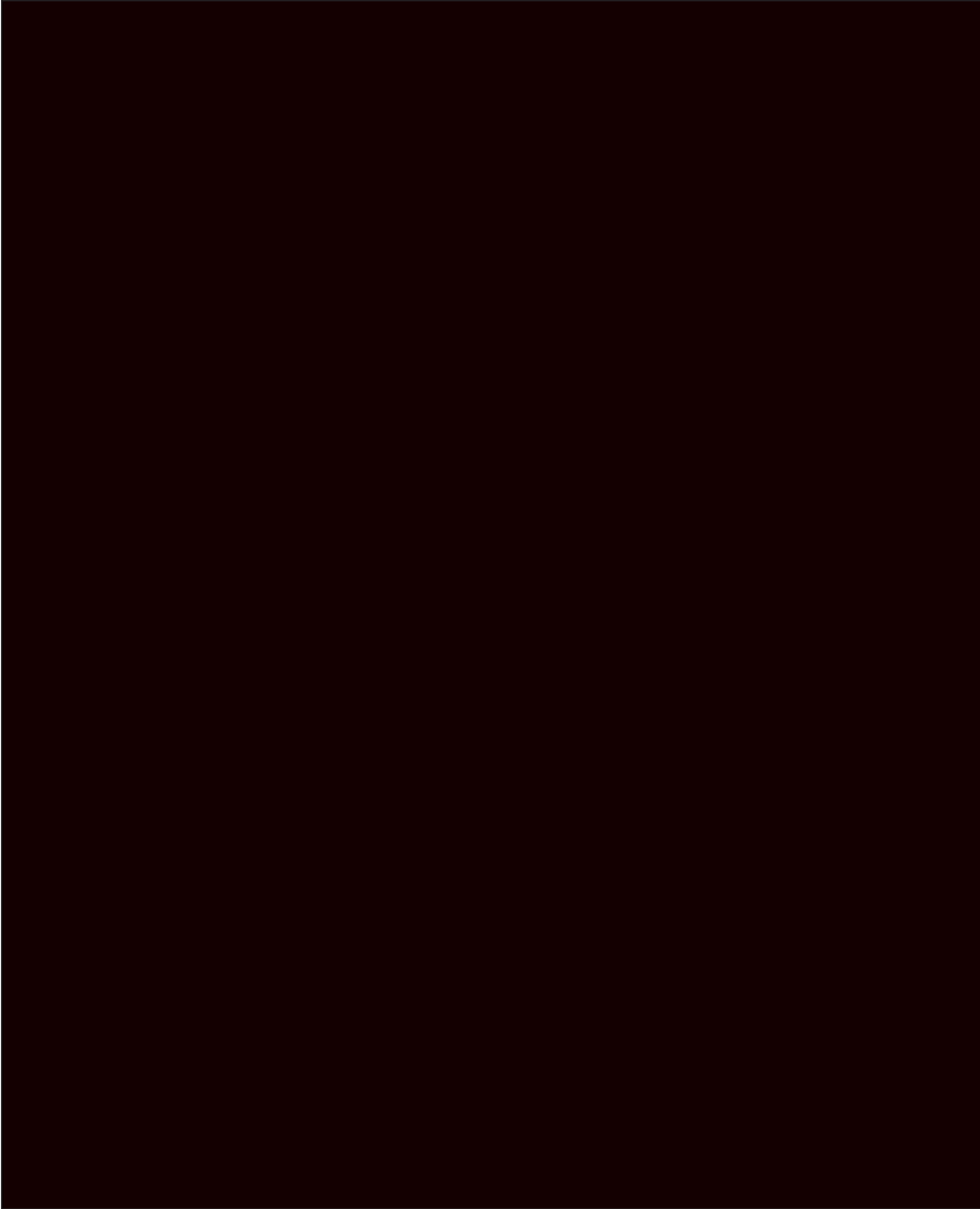


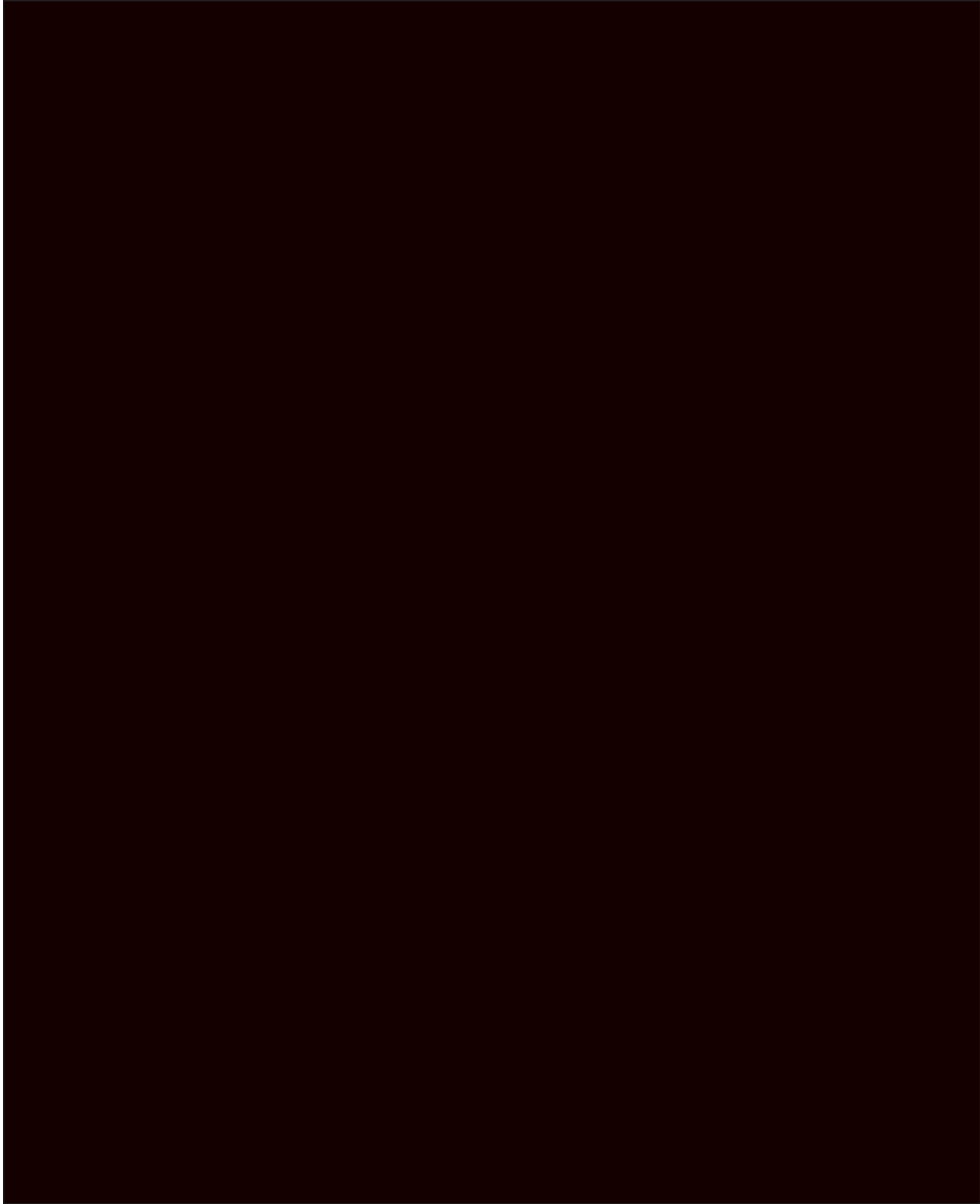


Photo by Joan Vasey

Freedom Team Salute

Michcell Skoultz, a business management analyst with EWA INTEROP registers to receive a "Freedom Team Salute" commendation packet in the Joint Interoperability Test Command lobby Oct. 25.

Through FTS, Soldiers can nominate their spouses, parents and employees to receive a commendations packet from the Department of the Army. Veterans can also register to receive a packet. Register online at www.freedom.team.salute.army.mil.



Post Soldier excels at Ironman World Championship

BY THOM WILLIAMS

SCOUT STAFF

A Soldier from Fort Huachuca finished in the top 15 percent at the grueling 140.6-mile Ford Ironman Triathlon World Championships in Kona, Hawaii on Oct. 15.

Matt Lorenz, 33, U.S. Army Intelligence Center, finished in 55th place in the 30 to-34 year old age group and 226th in the overall race that included more than 1,700 competitors.

The Ironman event includes a 2.4-mile swim, a 112-mile bike ride and a traditional 26.2-mile marathon.

The St. Louis, Mo., native arrived in Kona with his girlfriend and fellow competitor, Kathleen Vedock of Sierra Vista, four days before race day in order to familiarize himself with the course.

He swam portions of the race route daily and got the impression the swim leg of the Ironman would be an hour-long sightseeing trip over colorful coral and fish in the waters off the coast of the "Big Island" of Hawaii.

To begin the race, 1,743 competitors gathered at the starting line, treading water in a small area just off the beach in what's called a deep water start.

"They had a rope in the water and when they said go, it was pandemonium," said Lorenz. "It was combat swimming for an hour and the only thing I saw was feet, arms and bubbles."

Because some of the best athletes in the world qualified for the event, the field never spread out and this put Lorenz right in the middle of the pack.

"I'm normally like an hour swimmer for this Ironman distance, so I fit exactly where everybody else fit," Lorenz said, who was competing in his seventh Ironman event, most of which took place in Germany and Austria.

Athletes who took part in past events told him that the ocean swells were bigger than normal, but Lorenz commented that he was in a pack of 1,500 people and didn't notice the swells.

Hawaii's renowned trade winds were blowing towards the island on race day, making the second-half of the swim faster than the first.

Lorenz finished the ocean portion of the race in 1:05:35, swimming at an average speed of 1 minute 43 seconds for every 100 meters. The 2.4-mile swim portion of the race is equal to 169 laps in a 25-meter pool.

Then it was on to the transition area at Kailua Pier, for a fresh water shower, donning cycling gear and headed out on the 112-mile bike course that initially wound through Kona.

Once he arrived in the countryside, Lorenz received his second surprise of the day.

"Nobody mentioned that the course was hilly; they said the heat, humidity and wind would get to you," he said.

Lorenz said the winds were light this year and the athletes turned in some really fast bike times.

He finished the bike portion of the contest in 4:54:57 averaging 22.8 mph.

At this point in the race, Lorenz had been on the course for almost five hours and was still facing a 26-mile marathon.

Lorenz said that he often does not remember anything about a race and he just gets in the zone and goes.

"Every once in a while, I'll think, 'gee, this is a really pretty place, or that guy that just blew past me sure was fast,'" he added.

He also said he thinks positive thoughts to keep himself going and looks forward to the next event.

While he's out on the course, Lorenz consumes liquid food that amounts to just under 2,000 calories.

They had a rope in the water and when they said go, it was pandemonium.

Matt Lorenz
U. S. Army Intelligence Center

"I'll start off on the bike with a supplement drink and that lasts the entire ride, and then I come out of the transition carrying a bottle that lasts me the entire run," Lorenz said.

He believes a person's body can only absorb about 300 calories per hour and has found through training that this method works for him.

He drinks water on the course and prior to an event, Lorenz takes



Photo by Dan Simon

Matt Lorenz, a Soldier assigned to the U.S. Army Intelligence Center trains in Fort Huachuca's Garden Canyon for an upcoming event. The 33-year-old athlete competed in the Ford Ironman Triathlon World Championships in Kona, Hawaii.

electrolyte pills.

Lorenz said the event was pretty much what he expected and was mentally prepared for it.

"The first six miles are very spectator friendly and goes through the town on a small road that parallels the ocean," Lorenz said.

"It was hot and humid with a little bit of wind but it was everything that I expected and read about."

In the final segment of the Ironman, Lorenz turned in a time of 3:34:18, averaging 8 minutes and 10 seconds per mile and crossed the finish line with a total time of 9:42:20.

Lorenz was able to shave more than 19 minutes off his Ironman performance in Tempe, Ariz., where he qualified for the World Championship.

Faris Al-Sultan from Munich, Germany won the race with a time of 8:14:17.

Meanwhile, his companion, Kathleen Vedock, was out on the course about 3-and-a-half hours behind Lorenz.

After he finished, Lorenz got cleaned up, ate, then returned to the finish line to greet Vedock.

Live updates of a contestant's location on the race course could be found on the Ironman Web site, so Lorenz's friend in Albuquerque, N.M., kept him informed of Ved-

ock's progress with phone calls.

"I sat at the finish line talking to everybody for about two hours, which was pretty neat because I saw a lot of people finish and saw a lot of emotion," Lorenz said.

Vedock crossed the finish line with a time of 13:15:26 good enough for 73rd place in her age group and Lorenz decided to take advantage of the situation.

"I said OK this is it, I guess she's probably got the least blood in her head right now since I've known her, so I might as well do it," the member of the Armed Forces Cycling team said. "So I dropped to one knee said, 'Hey baby, let's [get married].'" She smiled and cried, so I took that as a 'yes.'"

In hindsight, Lorenz said he is happy with his performance and is already signed up for Ironman Arizona next April.

He felt the hardest part of the race was the swimming portion.

"Every body part of mine got kicked, and I did my fair share of kicking, but if you don't freak out and just focus on what you are doing and remind yourself a couple of times that this is supposed to be fun, you'll be OK," he said.

The 2005 Ford Ironman World Championship will air tape-delayed at 2:30 p.m. Mountain Time, Saturday on NBC.

DOD personnel train to restore, install information systems

BY ROB MARTINEZ

SCOUT STAFF

The Technical Training Facility curriculum consists of three courses: a six-week resident Basic Installers' Course, a one to two-week Fiber and Copper Cable and Connector Course, and a one-week resident Staff, Officer & Engineer Course.

Students are trained to install high voltage electrical wiring, as well as electronic wiring, and set up and maintenance of complex signals communications systems.

Senior instructor Tim Tomey explained that the TTF belongs to the U.S. Army Network Enterprise Technology

Command/9th Army Signal Command. They train people from all branches of the service, including DoD civilians. "We're the only ones who do this kind of training. It's kind of neat," Tomey said.

The six-week Basic Installers' Course is geared toward E-7s and below. All graduates, military and civilian, receive a fiber optic certification from the 3M company, which also certifies them to teach, and a 3M certification in fire stopping.

"It's going to enhance my career opportunities," said Sgt. Amy Peal. "You get eight college credits. It helps you advance in rank and your career in and out of the service." Instructor Stephen Bair said they have a mobile training team too.

Their on-site course is presented on a "by

request" basis and is customized to meet individual commander's needs. Normally, commanders request one week of fiber optics cable and connectors training followed by a second week of copper cable and connectors training. Graduates receive a certificate of training plus the 3M certification for the successful completion of the fiber optics modules.

According to Instructor and Team Leader Don Payne, the school is of a special sort because it is run by NETCOM, not the Army Training and Doctrine Command, but TRADOC considers the BIC instructors subject matter specialists. Students get only one chance to pass the course. If they don't, they are sent back to their units without a certificate.

Spc. Anthony Spates, from Company B., 40th Signal Battalion, said the course offered more information than he expected, but he was confident in his ability to learn it all. "I like it," he said. "It's challenging overall... the instructors know what they are doing."

Payne said that the course has been around for thirty years, and during that time the school has pretty much perfected it. "All you have to do is pay attention," he said. "We tell them (the students), then show them how to do it, then make them do it."

"As an installer, you do a mission. If you are a trained installer, you know what to do and how to do it. If it doesn't work, the team doesn't go home."

HOMES, from Page A4

active duty Army post, was founded in March 1877 and still plays an important role in the Army mission. It is located in Cochise County and neighbors

the City of Sierra Vista. Gather some friends and plan a day out at Fort Huachuca to enjoy the decorations, festivities, military history and the holiday

season.. For more information about this year's Holiday Tour of Historic Homes, call 520-515-8497.

Tickets on sale for Holiday Tour of Historic Homes

SCOUT REPORTS

Tickets are on sale now for the 15th Annual Holiday Tour of Historic Homes on Fort Huachuca. The tour, sponsored by the Fort Huachuca Community Spouses Club, will be held from 2-6 p.m. Dec. 4

Get a glimpse of Christmas past as you stroll the Fort Huachuca "Old Post" area and have the rare opportunity

to go inside 12 of the historic homes. The tour begins at the Fort Huachuca Historical Museum. When you buy your ticket in advance, the ticket price includes an opportunity to win a beautiful hand-made Christmas quilt.

Advance tickets cost \$8 and may be purchased from the MWR Box Office at 520-533-2404, the Fort Huachuca Museum, the Post Thrift Shop, the Sierra Vista Chamber of Commerce, Safeway, and from any FHCSC board

member. Tickets will also be on sale the day of the tour for \$9. All proceeds from this event go back into the community through scholarships and disbursements.

For safety purposes, no children under 10 will be admitted. The homes are not handicap accessible. Cameras and video equipment are prohibited for force protection reasons. For more information about this year's tour, call 520-515-8497.

Range Closures

Today – AG, AH, AI, AK, AL, AM, AN, AU, AW, T3
 Friday– No Closures
 Saturday–No Closures
 Sunday– No Closures
 Monday–AB, AC, AM
 Tuesday – AB, AC, AL, AU, T1, T1A, T2

Wednesday – AB, AC, AL, AM, AU, T1, T1A, T2

For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

Volunteers needed

Tax season is fast approaching; volunteer for the 2006 Fort Huachuca Tax Center and help assist Soldiers, military retirees, and their families with their income tax filing. No experience necessary, training provided, flexible hours.

For more information, see Capt. Suji M. Rodgers in the Legal Assistance Office or call (520) 533-2009.

Volunteer Management Training

The Army Volunteer Coordinator will offer Volunteer Management Information Systems Training at 2 p.m. Monday at Army Community Service, Building 50010. The training is designed for volunteer coordinators who need to learn the new on-line record keeping system that will be implemented in January 2006.

For more information or to register, call ACS at 533-2330.

Reunion Workshop

Army Community Service offers reunion workshops for Soldiers and family members who have been geographically separated due to the military mission.

These workshops provide the opportunity to discuss some of the emotional aspects of reuniting with a family member.

The next workshop will be held at 6 p.m., Tuesday at the ACS Building 50010.

Please register by calling ACS at 533-2330.

ID Card Section closure

The ID Card Section will be closed Wednesday for mandatory computer system upgrades.

Polish pottery bingo

Join the Fort Huachuca Community Spouses' Club for Polish Pottery Bingo. Social hour starts at 6:30 pm and hors d'oeuvres will begin at 7:15 p.m. Wednesday at the Thunder Mountain Activity Centre. The cost is \$7.50. No on-site childcare will be available. Ten games will be played with bundles of ten cards selling for \$10 and individual games for \$2.

The We Care project for November is the Chaplain's Giving Tree which provides Christmas gifts for children in the military community. Also, you are asked to bring a canned good for the food pantry.

FHCSC is also supporting the Sierra Vista Hospital Foundation's Annual Festival of Trees with the donation of a decorated

Christmas tree. Members are asked to donate one patriotic ornament. Ornaments need to be brought to the bingo function on Nov. 16 or dropped off at Ruth Quinn's house at 129 Grierson Ave by Nov. 19.

For reservations, please contact Leslie Torres at 439-9163 or e-mail at leslietorres@cox.net. The deadline for reservations is noon Friday. If you miss the reservation deadline, please join us on the night of the event anyway.

Employer Visit Day

The Army and Career Alumni Program will host an Employer Visit Day, from 11 a.m. to 1 p.m. Nov. 22 in the ACAP Center, Bldg 22420 on Fort Huachuca.

ACAP is a comprehensive program designed to prepare separating service members and their family members for life outside the military by offering Pre-separation counseling and job assistance training.

The ACAP Center offers assistance with job search process, developing resumes and cover letters, and sharpening job interview skills. Individual career counseling and extensive library of job search references materials are also available. Employer Visit Day is an ideal venue for Soldiers, family members and industry representatives to discuss their mutual interests. For more information, call ACAP at 533-5764/7051.

Thanksgiving Feast

The 11th Signal Brigade will host a Thanksgiving meal from 4-7 p.m. on Nov.

23 at the Thunderbird Dining Facility. Meal card holders eat free. The cost for E-1 and above, DA civilians, and dependents for E-5 and above is \$5.80. For E-4 and below dependents, the cost is \$4.90. The unit serving order for the meal is as follows: 504th Signal Battalion from 4-5 p.m., 86th Signal Battalion/Headquarters and Headquarters Company Brigade from 5-6 p.m., and 40th Signal Battalion from 6-7 p.m.

A dress code will be in effect for the meal: dress blues/mess for officers and senior NCO's (e-8 and above) and casual attire for Soldiers and their families, class A/dress blues optional.

Thanksgiving Mass

Catholic Thanksgiving Mass will be held at 7 p.m. Nov. 23 at the Main Post Chapel. For more information, call Terri Turner at 366-5432.

Thanksgiving Mass

A Thanksgiving Day Episcopal Service will be held at the Main Post Chapel at 9 a.m. Nov. 24.

For more information, call Chaplain (Maj.) Robert Neske at 538-7379.

Office closure

In order for the employees of the Housing Division to celebrate the long Thanksgiving weekend with their families, the housing office will be closed Nov. 24 and 25. We will re-open our normal office hours of 9 a.m. - 4 p.m. Nov. 28. Please schedule your office visits accordingly.

Chaplain's Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

Main Post Chapel

CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7 p.m.
MCCW	1st Friday	9 a.m.

Protestant

Main Post Chapel

PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.
<u>Kino Chapel</u>		
Women's Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		
Adult/Youth	Sunday	8 a.m.
Sunday School		
Youth Church	1st, 2nd, 3rd, 5th Sunday	

Men's Choir	Tuesday	7 p.m.
Rehearsal		
Women's Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	Thursday	6 - 7 p.m.
Youth Bible Study	Thursday	6 - 7 p.m.
Sanctuary Choir	Thursday	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

Murr Community Center

Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	
Meetings		

Women's Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after service	
Meetings		
Men's Ministry	Saturday	8 a.m.
Bible Study		
Women's Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

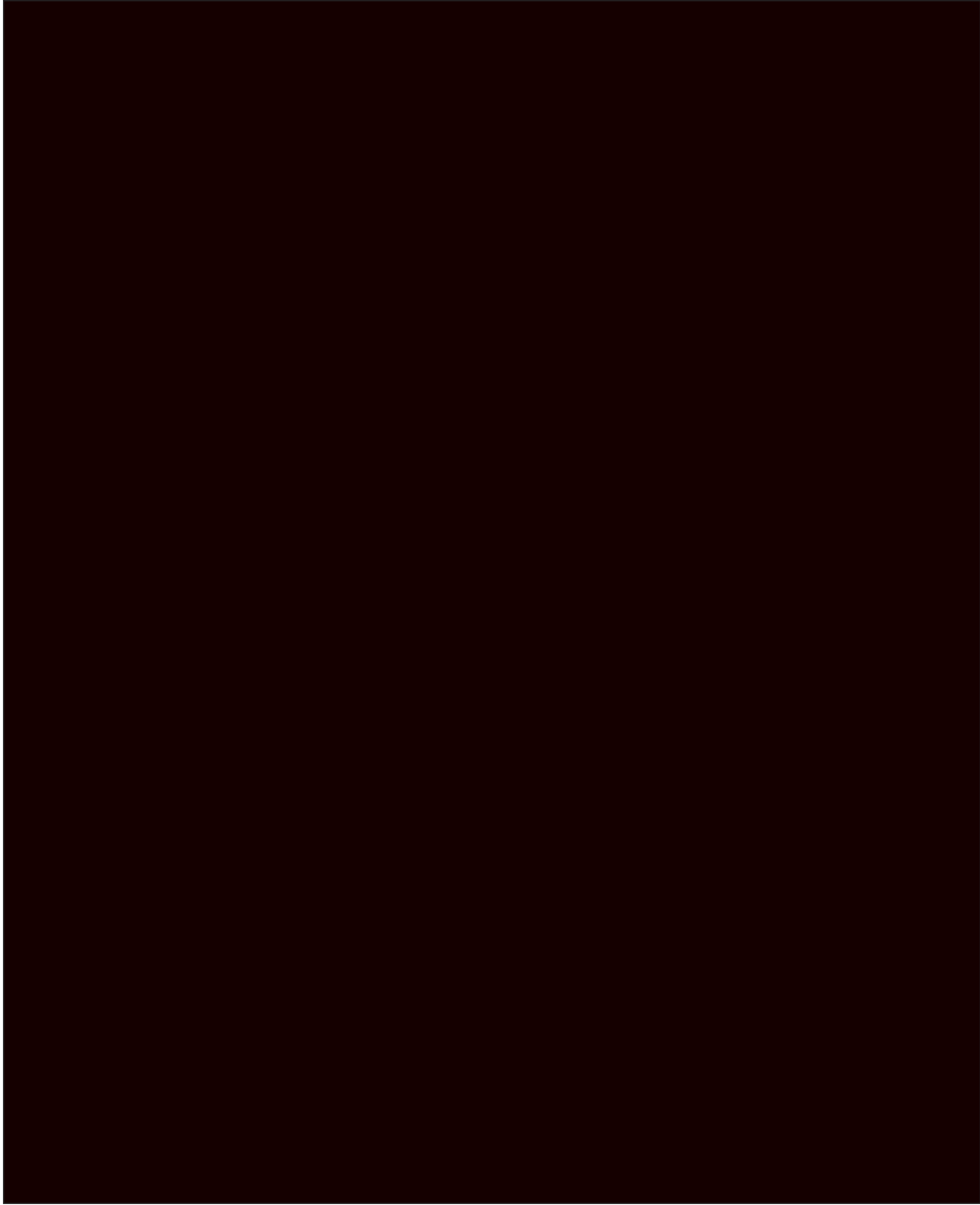
Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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Dr. Carole Van Aalten, who also works in the TRADOC Surgeon's Office, acknowledged that there are Soldiers who are unable to sleep and are dealing with anger issues and the inability to concentrate. She said she is currently working on a project that deals with mortuary affairs.

"We're also dealing with people coming back, having difficulty dealing with post-traumatic stress," Van Aalten said, explaining that literature in her project speaks of people who have had childhood trauma, psychological depression and suicidal tendencies. "This type of background would make you more susceptible to PTSD."

For unit commanders and health officials, one tool that is helpful in identifying Soldiers who have the potential for PTSD is the pre-deployment and post-deployment health assessment questionnaire that is provided by the mental-health clinic before and after deployments.

According to Ellyson, the assessment provides them with information such as any previous history of counseling and any other medical problems or concerns. The post-deployment assessment provides answers about the type of environment Soldiers were subjected to during the deployment, any kind of trauma they may have been exposed to or any history of or current symptoms of PTSD.

Suicide awareness

A news report earlier this month stated that officials at the Pentagon were tracking 22 suicides from Operation

Iraqi Freedom, including 19 that were committed by Army Soldiers.

According to Harrison, many of the chaplains' offices and other agencies on many Army posts can assist with suicide prevention.

"The Army has initiated a training called the Applied Suicide Intervention Skill Training, to which the Army sends several chaplains, health workers, social workers and NCOICs," said Harrison, who recently attended the workshop at Fort Bragg, N.C. "It's a five-day workshop that allows you to be certified to teach the training to other Soldiers and employees on post."

Harrison said the training, which is conducted by Living Works Inc., teaches counselors how to detect Soldiers and employees who are at-risk of committing suicide. He said the training is broken down into three phases.

"The 'connection' phase is when you actually connect with the individual," Harrison explained. "The 'understanding' phase is the second phase. That's when you try to understand why the person wants to commit suicide. Those phases are followed by the 'assisting' phase, in which you identify agencies on-post and in community where the person can receive help."

Harrison said some of the agencies Soldiers may be referred to would be the mental-health office, the chaplain's office, a local community church or even

a suicide hotline, in addition to family members and friends.

He said it is important for his office to build a working relationship with the assisting agencies.

"It is very essential that you have a good working relationship with agencies such as places in the local community that deal with behavioral problems," he said. "It is important that you connect with the community agencies because no one agency alone can help this person."

"The whole purpose of having this program, ASIST, is just that," he said. "It's an intervention skill to turn the person's attention away from suicide and toward health and life."

He said he wanted to have a training session for the local community sometime in June, with a date to be determined.

For more information about PTSD, suicide and depression, see TRADOC's health and well-being Web special, specifically the collection of articles listed on the mental well-being page. Other information about PTSD can be found on the Internet at www.ptsdalliance.org.

Harrison pointed out that information on the ASIST program can be found on the Internet at www.living-works.net.

Information on Army One-Source can be found on the Web at www.armyonesource.com/lib/pdf/armyfaq.pdf.

SCHOOLS, from Page A14

math, measuring, pumpkin graph art and listened to a story about a pumpkin. All the children received an activities booklet with a lot of fun pumpkin tasks to complete and they ended the day with a pumpkin prize.

General Myer Elementary School

The Character Counts' pillar for the month of November will be Responsibility. Students will be encouraged to do what they are supposed to do, always do their best, be self-disciplined, think before they act and consider the consequences, as well as being held accountable for their choices made. Students will be asked to dress in the color green (as in being responsible for a garden or finances) for the monthly assembly, which will be held at 1:30 p.m. Nov. 30 in the gymnasium.

We have completed the 12th week of the Magellan Running Club with five running days. Each student receives one point for each 440-yard lap run. For fifth grade news, the top girls completed with 52 points each. They are Erikka King, Hazel Grubbs, and Ashley Laszok from Mrs. Mickle's classroom, and Briana McCloskey from Mr. Snyder's classroom. Isaiah Halsey from Mr. Snyder's

classroom scored as the top boy, who also completed with 52 points. The overall top fifth grade classroom that had the highest score of 397 points was Mrs. Mickle's classroom.

For fourth grade news, Sarah Baier from Mr. Christensen's classroom scored as the top girl with 52 points. The top fourth grade boys also completed with 52 points each. They include Miles Ritchey, Andrew Camps, and Cameron Miller from Mr. Christensen's classroom. The overall top fourth grade classroom that had the highest score of 386 points was from Mrs. Josa's classroom. All the students in the running club totaled 605 miles for this week.

All seven of the Myer kindergarten classes recently visited fire Station No. 3 on Fort Huachuca. All Myer kindergartners wish to thank Fire Chief Baylor, Captain Zaida and all the fire fighters and EMT's who met with us and taught us about firefighting during our field trip!

Mrs. Spencer's class is more than half way through the alphabet in our study of letters and sounds. The whole class is doing a terrific job learning letters and sounds as well as

decoding and encoding one, two and sometimes even three syllable words! We have been learning about equal, more, and less in math as well as counting objects to 10.

We had fun making a Halloween craft with our reading buddies. We are earning an American flag when we can correctly recite the Pledge of Allegiance, and will soon be patterning with beads, making patterned head bands, and vests in preparation for our Thanksgiving feast!

Mrs. Brady's fourth graders have been creating Op Art designs using parallelograms of colored construction paper. They went onto a project that uses overlapping figures to create the illusion of very crowded elevators. They finished this by decorating the elevator doors with extra details, like emergency buttons, phones, and No Smoking signs.

Mrs. Brady's fifth graders have been using one and two point linear perspective in their drawings to create the illusion of depth and 3-D space. They then created tessellation shapes to design artwork in the style of M.C. Escher. Now, they are using coloring with either cool colors (blue, green, and violet) or warm colors (red, orange, and yellow).



Photos by
Virginia
Sciarrino

Photos from the 2004 Veterans' Day parade in Sierra Vista. This year's parade will begin at 9 a.m. and will conclude with a ceremony in the Veterans' Memorial Park.

Veterans' Day

1. American Legion – Bill C
2. Buena High School Mar
3. Coronado Chapter – Mil
- America
4. Post #9972 – Veterans of
5. Cochise Chapter #107 – A
6. AMVETS – 1LT David M
7. Chapter 10 – Special For
8. San Pedro Chapter #95 –
- ans Association
9. Fry Chapter #14 – Disabl
10. Cochise Chapter – Ameri
11. Colonel Carrol M. Fyffe
- Military Order of the Purple H



12. Commander of Troop
13. Ft Huachuca Joint Color
14. 36th Army Band
15. United States Army Intell
16. 111th Military Intelligenc
17. Non-Commissioned Offic
18. United States Marine Co
19. United States Air Force –
20. 11th Signal Brigade
21. 2005 Veterans Day Grand
22. 2005 Veterans Day Grand
23. 2005 Miss Sierra Vista
23. Buena High JROTC
24. Sierra Vista Middle Scho
25. Life Care Center of Sierr
26. Prestige Assisted Living
27. Sierra Vista Senior Softb
28. Sierra Vista Lodge #2065

Veterans' Day activities



A shriner collects canned goods from an audience member of the 2004 Veterans' Day parade. Shriners will also be collecting food at this year's parade.

Veterans' Day Parade

This year's Veterans' Day Parade will be held on Friday. The parade begins at 9 a.m. at Fry and Seventh Avenue, and will travel east on Fry to Veterans' Memorial Park. Fry Boulevard will be closed between these points beginning at approximately 8:45 a.m. through the duration of the parade. The Auto Zone shopping center at Seventh Street and Fry will be the staging area for participants beginning at 7 a.m.

Mayor Thomas J. Hessler has selected retired Sgt. Major Norman Francis Sponcey (U.S. Marine Corps) to serve as the Grand Marshall of this year's Veterans' Day parade.

Parade donation

At the Veterans' Day parade, donate can goods in honor of veterans. Shriners will collect the cans along the parade route. All food will be donated by veterans to local organizations.

Veterans' Day trash pick-up

The City of Sierra Vista Public Works Department WILL pick up trash on Veterans' Day, although all City offices will be closed. Veterans' Day is not one of the holidays observed in the new City holiday trash pick-up schedule, which allows for six regular holidays: Labor Day, Thanksgiving, Christmas, New Year's Day, Memorial Day, and 4th of July.

Parade Order Of March

Carmichael Post #52

ching Colt Band

tary Officers Association of

Foreign Wars

air Force Association

M. Pimple Memorial Post #89

ces Association

Women's Army Corps Veter-

led American Veterans

ican Ex-Prisoners of War

Memorial Chapter #572

heart

Guard

ligence Center & Ft Huachuca

ce Brigade

cer Academy

rps

-214th Training Squadron

d Marshal

d Marshal Military Escorts

ol Marching Band

a Vista

all League

5 Benevolent & Protective

Order of Elks

29. Veterans on Motorcycles

30. National Association of Current & Retired Federal Em-

ployees

31. Cochise County Democratic Party

32. Republicans of Cochise County

33. Clerk of Superior Court – Incumbent Candidate – De-

nise Lundin

34. Anteon

35. Apache Middle School Marching Band

36. Cub Scouts – Pack 429

37. Boy Scouts -

38. Girl Scouts

39. Southwest Association of Buffalo Soldiers

40. K-Kids – Carmichael & Our Lady of the Mountains

41. Carmichael Elementary School

42. Whetstone Fire District

43. Ft Huachuca Accommodation Schools Panther March-

ing Band

44. Ft Huachuca Fire Department

45. Cochise Shriners Clowns

46. US Forest Service

47. US Forest Service

48. Sierra Vista Riding Club

49. B-Troop, 4th US Cavalry (Memorial)

Veterans' Day message

On this Veterans Day, we honor all Soldiers, Marines, Sailors, Airmen, and Coast Guardsmen for selflessly serving our Nation.

The history of the United States is replete with stories of Americans who displayed the steadfast courage that defines our country. Today, the brave men and women of our Armed Forces continue that legacy as they write history in the war on terror.

Nov. 11 has long been a day of reflection on the sacrifices of our Armed Forces. From Woodrow Wilson's 1919 proclamation of Armistice Day to commemorate the end of World War I, to President Dwight D. Eisenhower and the 83rd United States Congress changing the name to Veterans Day in the aftermath of World War II, we have retained the noble purpose of the day - to express gratitude to our servicemen and women.

We salute our 25 million living veterans, and like President Wilson, have

“solemn pride in the heroism” of those who died in service to this great Nation.

We stand as proudly beside our Soldiers as did President Wilson and the Americans of his generation. Your sacrifices have preserved for people around the world the same blessings of freedom and the limitless opportunity that we enjoy in the United States today.

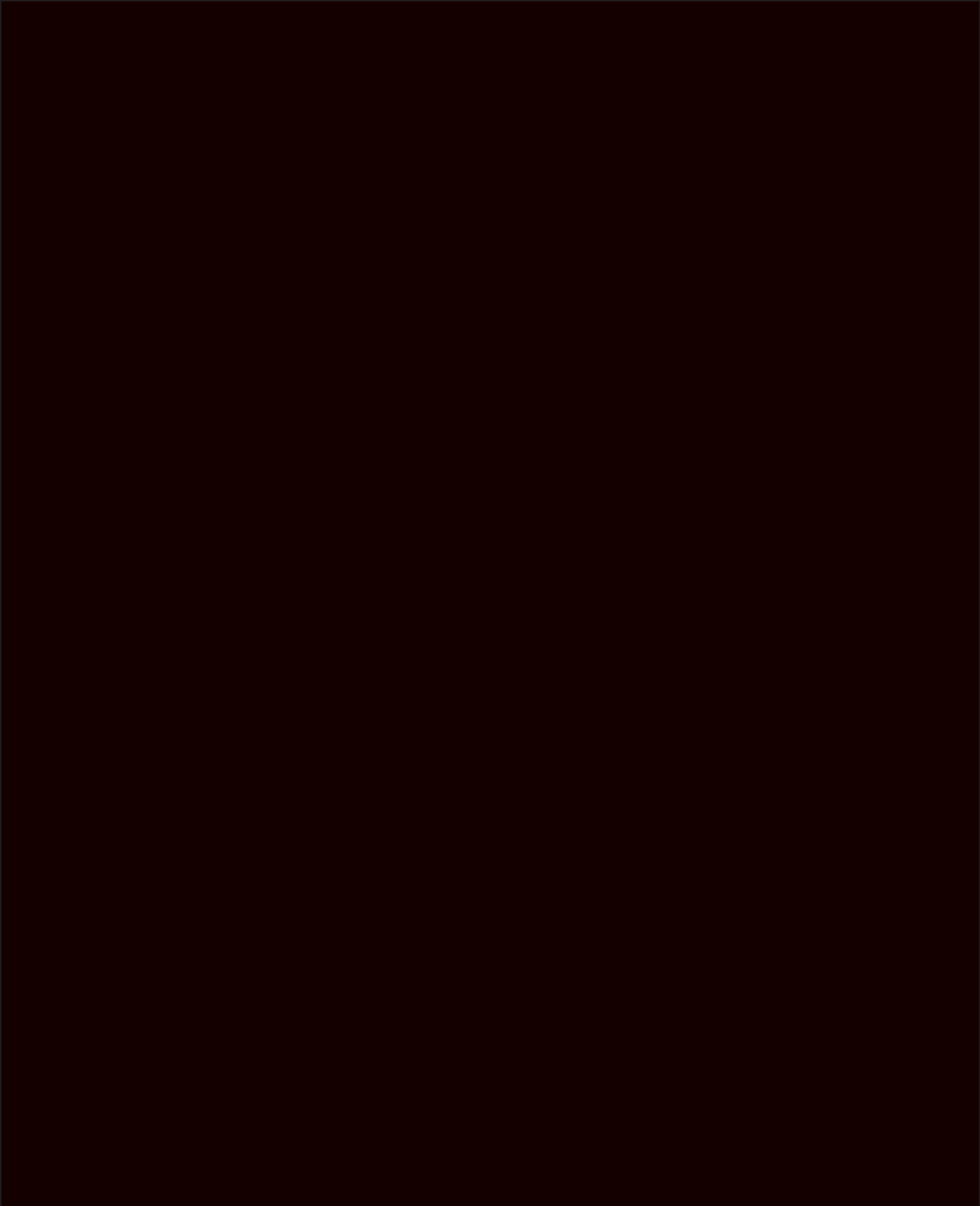
May each of you have a safe Veterans Day. May God bless the men and women in our Army. And may God continue to bless our great nation.

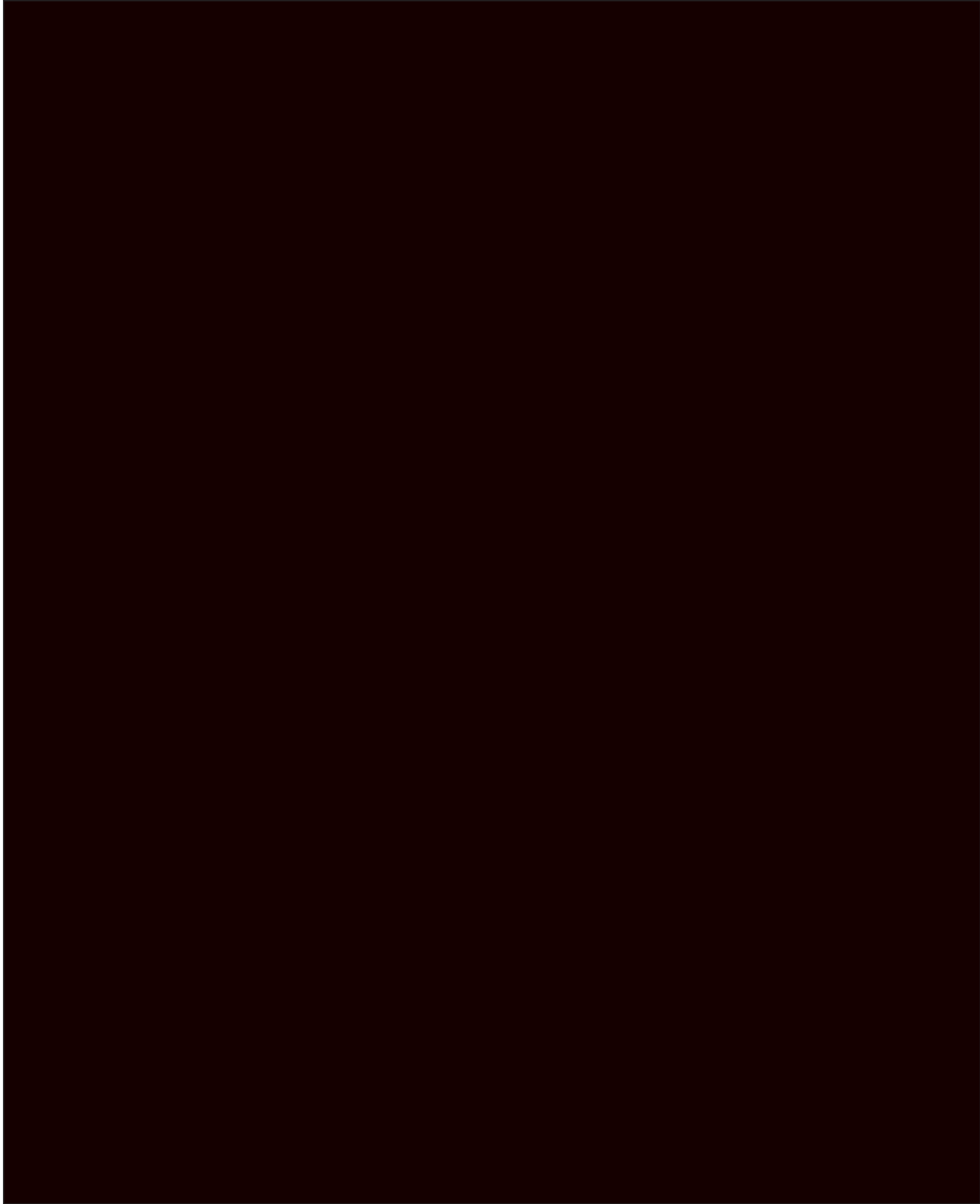
Signed,

Kenneth O. Preston
Sergeant Major of the Army

Peter J. Schoomaker
General, US Army
Chief of Staff

Francis J. Harvey
Secretary of the Army





Ultimate sacrifice paid in support of OIF

Sgt. 1st Class Daniel J. Pratt, 48, of Youngstown, Ohio, died in An Nasiriyah, Iraq, on Nov. 3, from a non-combat related cause. Pratt was assigned to the Army National Guard's 211th Maintenance Company, Newark, Ohio. The incident is under investigation.

Capt. Jeffrey P. Toczylowski, 30, of Upper Moreland, Pa., died in Al Anbar Province, Iraq, on Nov. 3, from injuries sustained during combat operations. Toczylowski was assigned to the 1st Battalion, 10th Special Forces Group, Panzer Kaserne, Germany.

Staff Sgt. Kyle B. Wehrly, 28, of Galesburg, Ill., died in Ashraf, Iraq, on Nov. 3, when an improvised explosive device detonated near his HMMWV during patrol operations. Wehrly was assigned to the Army National Guard's 2nd Battalion, 123rd Field Artillery, Macomb, Ill.

2nd Lt. Mark J. Procopio, 28, of Stowe, Vt., died on Nov. 2, when an improvised explosive device detonat-

ed near his HMMWV during combat operations in Ar Ramadi, Iraq. Procopio was assigned to the Army National Guard's 3rd Battalion, 172nd Infantry Regiment, Jericho, Vt.

Spc. Dennis J. Ferderer Jr., 20, of New Salem, N.D., died in Ad Duluiyah, Iraq, on Nov. 2, when enemy forces threw a hand grenade at his HMMWV during convoy operations. Ferderer was assigned to the 1st Battalion, 15th Infantry Regiment, 3rd Brigade, 3rd Infantry Division, Fort Benning, Ga.

Three soldiers who were supporting Operation Iraqi Freedom died near Baghdad, Iraq, on Nov. 2, when an improvised explosive device detonated near their HMMWV. The soldiers were assigned to the Army's 1st Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky.

Killed were:

Spc. Joshua J. Munger, 22, of Maysville, Mo.

Spc. Benjamin A. Smith, 21, of Hudson, Wis.

Pfc. Tyler R. MacKenzie, 20, of Evans, Colo.

Two Marines who were supporting Operation Iraqi Freedom died Nov. 2 when their AH-1W Super Cobra helicopter crashed while flying in support of security and stabilization operations near Ar Ramadi, Iraq. Both Marines were with Marine Light-Attack Helicopter Squadron 369, Marine Aircraft Group 39, 3rd Marine Aircraft Wing, I Marine Expeditionary Force, Camp Pendleton, Calif. During Operation Iraqi Freedom, their unit was attached to 2nd Marine Aircraft Wing, II MEF. The crash is currently under investigation.

Killed were:

Maj. Gerald M. Bloomfield II, 38, of Ypsilanti, Mich.

Capt. Michael D. Martino, 32, of Fairfax, Va.

Petty Officer 2nd Class Allan M. Cundanga Espiritu, 28, of Ox-

nard, Calif., died Nov. 1 from an improvised explosive device while conducting combat operations in the vicinity of Ar Ramadi, Iraq. Espiritu was assigned to 2nd Force Service Support Group (Forward), II Marine Expeditionary Force.

Sgt. Daniel A. Tsue, 27, of Honolulu, Hawaii, died Nov. 1 from an improvised explosive device while conducting combat operations in the vicinity of Ar Ramadi. He was assigned to 7th Engineer Support Battalion, 1st Marine Logistics Group, I Marine Expeditionary Force, Camp Pendleton, Calif. During Operation Iraqi Freedom, his unit was attached to 2nd Force Service Support Group, II MEF.

1st Lt. Robert C. Oneto-Sikorski, 33, of Bay St. Louis, Miss., died in Iskandariyah, Iraq, on Oct. 31, when an improvised explosive device detonated near his dismounted patrol. Oneto-Sikorski was assigned to the Army National Guard's 1st Battalion, 155th Infantry, Biloxi,

Miss.

Sgt. 1st Class Matthew R. Kading, 32, of Madison, Wis., died at Brooke Army Medical Center in San Antonio, Texas, on Oct. 31, of injuries sustained near Tikrit, Iraq, on Oct. 19, when an improvised explosive device detonated near his convoy vehicle. Kading was assigned to the Army Reserve's 983rd Engineer Battalion, Monclova, Ohio.

Two Soldiers who were supporting Operation Iraqi Freedom died in Balad, Iraq, on Oct. 31, when an improvised explosive device detonated near their HMMWV during patrol operations. Both soldiers were assigned to the Army Reserve's 100th Battalion, 442nd Infantry, 29th Brigade Combat Team, Barrigada, Guam.

Killed were:

Staff Sgt. Wilgene T. Lieto, 28, of Saipan, Marianas Islands of the Pacific.

Spc. Derence W. Jack, 31, of Saipan, Marianas Islands of the Pacific.

Four Soldiers who were supporting Operation Iraqi Freedom

died in Al Mahmudiyah, Iraq, on Oct. 31, when an improvised explosive device detonated near their HMMWV during patrol operations. The Soldiers were assigned to the Army's 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky.

Killed were:

Sgt. 1st Class Jonathan Tassar, 36, of Simi Valley, Calif.

Spc. William J. Byler, 23, of Ballinger, Texas.

Pfc. David J. Martin, 21, of Edmond, Okla.

Pfc. Adam R. Johnson, 22, of Clayton, Ohio.

Staff Sgt. Joel P. Dameron, 27, of Ellabell, Ga., died Oct. 30 from an improvised explosive device while conducting combat operations in the vicinity of Al Amiriyah, Iraq. He was assigned to the 8th Engineer Support Battalion, 2nd Force Service Support Group, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. Michael P. Hodshire, 25, of North Adams, Mich., died Oct. 30 of wounds sustained from an

improvised explosive device during combat operations near Nasser Wa Salaam, Iraq on Oct. 29. He was assigned to 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Staff Sgt. Travis W. Nixon, 24, of Saint John, Wash., died from injuries sustained north of Lwara, Afghanistan, on Oct. 29, when his patrol was attacked by enemy forces using small arms fire and rocket-propelled grenades. Nixon was assigned to the 2nd Battalion, 504th Parachute Infantry Regiment, 1st Brigade, 82nd Airborne Division, Fort Bragg, N.C.

Spc. Kenny D. Rojas, 21, of Pembroke Pines, Fla., died near Bayji, Iraq, on Oct. 29, when his unit was conducting a combat patrol and a landmine exploded near his HMMWV. Rojas was assigned to the 2nd Battalion, 7th Infantry Regiment, 1st Brigade, 3rd Infantry Division, Fort Stewart, Ga.

Two Soldiers who were supporting Operation Iraqi Freedom died in Baghdad on Oct. 29, when an im-

provised explosive device detonated near their HMMWV during patrol operations. Both Soldiers were assigned to the Army National Guard's 1st Battalion, 184th Infantry Regiment, Modesto, Calif.

Killed were:

Capt. Raymond D. Hill II, 39, of Turlock, Calif.

Sgt. Shakere T. Guy, 23, of Pomona, Calif.

Col. William W. Wood, 44, of Panama City, Fla., died in Baghdad on Oct. 27, when he was directing security operations in response to the detonation of an improvised explosive device. During this response, a second improvised explosive device detonated near his position. Wood was a regular Army soldier assigned to the Army National Guard's 1st Battalion, 184th Infantry Regiment, Modesto, Calif.

Petty Officer 1st Class Howard E. Babcock IV, 33, of Houston, Texas, died in a motorcycle accident on Oct. 13 in Bahrain. Babcock was assigned to the Naval Computer and Telecommunications Station in Bahrain.

MWR will offer free services to active duty, retired military Saturday

Saturday, MWR facilities will observe Military Appreciation Day. The following services will be offered free to all active duty and retired military that day only. Free services will be limited to available time and space, so early reservations are recommended.

Desert Lanes will offer free bowling and shoe rental 4:30 p.m. - midnight. (Limit three games.) For more information, call 533-2849.

Mountain View Golf Course will offer free golf, free club rental and free range balls, 7 a.m. - 5:30 p.m. Call MVGC at 533-7088 to reserve a tee time.

Buffalo Corral will offer free open horseback riding 9 a.m. - 4 p.m. Reservations will be taken on a first-call, first-served basis at 533-5220.

MWR Rents will offer equipment rental free for Saturday. Items can be rented starting at 9 a.m. and

returned by 4 p.m. that day. Items rented for the long Veteran's Day weekend will not be charged fees for Saturday. Boats and campers are included.

Reservations for rentals can be made by calling 533-6707.

The MWR Arts Center will offer free instruction in watercolor 10 a.m. - noon, and in Raku pottery, 1 - 3 p.m. Participants will be required to purchase necessary supplies for the classes in which they choose to participate.

Call 533-2015 to reserve a space or for more information.

The Sports and Fitness Branch of MWR will offer the following free of charge to active duty and retirees: a five kilometer run at 10 a.m.; a step aerobics class, 11 - 11:45 a.m.; and cardio kickboxing class, noon - 12:45 p.m., all at Eifler Fitness Center.

Call Mick Gue at 533-4723 for more information about these activities.

The Sportsman's Center will offer free paintball range time, 9 a.m. - 5 p.m. All participants will need to purchase resale supplies such as ammunition and CO2, and will be required to adhere to safety regulations and policies.

Call 533-7085 for

reservations or more information.

RPM Car Care will offer free bay fees, 9 a.m. - 6 p.m. Call 538-2155 to reserve a space or for more information.



Vet's Day shoot at Sportsman's Center

The Sportsman's Center will hold a skeet and trap shoot 9 a.m. - 6 p.m., tomorrow. Cost is \$5 for two rounds (25 rounds each of skeet and trap). The shoot is open to all authorized MWR patrons.

There will also be a pot luck barbecue that day for the participants.

The Sportsman's Center has announced that the pistol range, number 3, will be closed now - Nov. 16 during deer hunting season.

For more information, call Carl Jensen, 533-7085.

Snack Cart at MVGC

Mountain View Golf Course is offering a new service to golfers. Every Friday, Saturday and Sunday, a snack cart will travel around the course, offering items like pretzels, candy, peanuts, beverages, and more, to purchase.

For more information, call 533-7088.

5K Fun Run Saturday

As part of the MWR Military Appreciation Day, Sports and Fitness will offer a 5 kilometer "Fun Run," starting at 10 a.m., Saturday at Eifler Fitness Center.

There is no entry fee for active duty and retired military. Several prizes will be given. You can call to pre-register or sign up the day of the race.

To register or for more information, call Mick Gue at 533-4723.

Several facilities open Veterans Day

Tomorrow, the following MWR facilities will be open for your convenience:

Mountain View Golf Course, 7 a.m. - 5:30 p.m.; Jeannie's Diner, 11 a.m. - 11 p.m.; Desert Lanes, noon - 11 p.m.; Buffalo Corral, 9 a.m. - 4 p.m.; the ITR Office, 9 a.m. - 2 p.m.; MWR Rents, 9 a.m. - 2 p.m.; Barnes Field House, 8 a.m. - 5 p.m.; the Sportsman's

Center, 9 a.m. - 6 p.m.; and Eifler Fitness Center, 9 a.m. - 5 p.m.

'Cinderella Rock' canceled

Thunder Mountain Activity Centre regrets to announce that the musical comedy "Cinderella Rock," previously schedule for Saturday, has been canceled.

For more information, call TMAC at 533-3802.

Win a turkey at Jeannie's, Desert Lanes, sign holiday card for the troops

Now through Nov. 17, stop in and register to win a free turkey at Jeannie's Diner. The drawing for the turkeys will be held Nov. 18 at Jeannie's.

Also, now through Nov. 30 at Jeannie's, you can sign a giant Christmas card, which will be sent to the troops overseas in time for the holidays.

Call 533-5759 for more information.

At Desert Lanes, anyone who participates in open bowling, now through Nov. 20, can fill out an entry form for a chance to win a turkey.

One turkey will be given away each week, with the final drawing held Nov. 21.

Call 533-2849 for more information.

Motown every Friday at Time Out

Time Out presents Motown Oldies, 7 - 11 p.m., every Friday. Philadelphia DJ Kurt will play all your favorites. Cover charge is \$4.

Time Out is on Arizona Street, across from Barnes Field House.

For more information, call 533-3837.

Basic photography class starts Nov. 18

The MWR Arts Center will offer a basic photography class 6 - 8 p.m., Nov. 18, 25, Dec. 2 and 9. Cost of this class is \$50 which is due at time of signup. The instructor will be Gary Rice. The class will teach stu-

dents about cameras, film and photo composition.

You can register for this class at the MWR Arts Center, Building 52008 on Arizona Street, or call 533-2015 for more information.

Right Arm Night Nov. 18

The next CG's Right Arm Night is set for 4 p.m., Nov. 18 at Thunder Mountain Activity Centre. Finger foods and a pay-as-you-go bar will be available. Call 533-3802 for more information.

Free admission at theme parks

Knott's Berry Farm, Buena Park, Calif., is offering the following Veteran's Day promotion now - Nov. 24: Active duty military and veterans, and their spouse or guest, will be admitted free with valid ID.

To celebrate Armed Forces Month, DAYTONA USA, Daytona Beach, Fla., is offering free admission to all members of the military who present a valid military ID during November.

This 60,000 square foot interactive motorsports attraction is the official attraction of "NASCAR."

The MWR Information, Tickets and Reservations Office has details about these offers.

For more information, call 533-2404 or drop by the ITR Office, Building 70914, Irwin Street. The facility is open 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.

Register for Youth basketball now

Registration for the Fort Huachuca Coed Youth Basketball program is now in progress and will continue through Dec. 22. The program, which will begin in mid-January, 2006, is open to youth ages 5 - 15. Cost is \$40 for the first child and \$32 for each additional child in the same family.

For more information, call Steve Wambach at 533-8168 or 533-3205.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula Gorman at 536-8836 or send an e-mail to paula.gorman@huc.army.mil or visit me on the Web at gnmhuachuca.com

The Scout TimeOut

BOSS program aims to boost morale

BY ROB MARTINEZ

SCOUT STAFF

"We are slowly building the BOSS program back up, a whole new committee started about four months ago," said Better Opportunities for Single Soldiers Secretary Sgt. Edward Malcolm, Company B, 304th Military Intelligence Battalion.

The Army designed the program to work along with the chain of command and be the collective voice for single Soldiers. It's also a tool for military personnel to gauge the morale of single Soldiers regarding issues of well-being, allows Soldiers the opportunity to assist in the planning of recreational events and guides Soldiers interested in performing community service related projects.

One such event Soldiers helped plan was the HALO 2 competition held on Oct. 22, which was open to anyone affiliated with Fort Huachuca. By the time it started, all the slots had been filled. Malcolm said they hadn't expected such a large turn-out, but attributed it to the fact that BOSS representatives considered the input from Soldiers.

"We figured HALO 2 was a game everyone would want to play," Malcolm said. Because of the competition's success, and input from the representatives, BOSS is planning a

Madden 2006 tournament.

Leisure is not the only concern of BOSS. "Soldiers can bring us their ideas," said Vice President Sgt. Daemon Lowell, Company B, 304th Military Intelligence Battalion. "They work with representatives with all organizations on post. They can bring Soldiers' concerns to us; get things taken care of."

The organization is open to single Department of Defense civilians as well and currently has a slot open for a civilian representative.

On Oct. 29, BOSS, with the help of the Army and Air Force Exchange Service, Morale Welfare and Recreation, and the Food Court, held a cook-out for single Soldiers with children, which featured a bouncing castle, a dunking booth and face painting.

AFFES and MWR also helped with the HALO tournament.

BOSS is presently working on acquiring tickets to the Ozzfest, and setting up trips to the Salt River, and Six Flags in Valencia, Calif.

"It promotes moral in troops. They can do things in BOSS. The more participation, the more trips we can get...the more opportunities for Soldiers we can provide," said Lowell.

For information about events or for becoming a representative, call (520) 533-2404.



Photos by Rob Martinez

Sgt. Daemon Lowell, Company B, 304th Military Intelligence Battalion tries to dunk Sgt. Edward Malcolm, 304th MI Bn.



Movies

The Greatest Game Ever Played plays at 7 p.m. Sunday at Cochise Theater. For the complete listing of this week's movies, see Page B6.



Sgt. 1st Class Deanne Dunnsmith paints Samantha Somervill at the BOSS party.



Photp bt 1st Lt. Andrea Pratt

Operation stocking stuffer

Third-grader Hanna Henderson decorates a "stocking" for the deployed troops of the 11th Signal Brigade. The stocking will be stuffed by the brigade family readiness group and mailed to the troops in time for the holidays.

Fit For Life

The benefits of strength training

BY DR. GEORGE COLFER, P.H.D.
CONTRIBUTING WRITER

Since the existence of mankind, muscular strength has been a valued trait in all aspects of life. Strength is also a very important component of health-related fitness.

It is important to one's structure, posture, movement and injury potential. Strength is basic to athletic skill and also affects any performance involving motor skills. Tasks, including daily functions, become easier to perform and are more efficiently performed with strength.

There are various types of strength; dynamic, enduring and relative are three types that require definition. Strength is a measure of external force exerted by a muscle or group of muscles.

Dynamic refers to the amount of external force than can be exerted maximally during a single contraction.

Enduring refers to repetition of high or low intensity work and is synonymous with muscular endurance.

Relative strength is the amount of strength in relation to one's body weight. The importance of relative strength, in regard to health-related fitness, lies in not how much you can "lift," but rather in how efficiently you can move the body weight you are carrying.

To totally separate strength and muscular endurance is difficult. They are closely related and should be approached in that manner.

Muscular endurance, previously defined as enduring strength, is the repetition of high or low intensity work that further involves the capacity of a muscle to continue contracting over a period of time.

Muscular endurance is involved in the repetition of aerobic activities, such as running or bicycling. Without muscular

endurance of the legs, it would not be possible to sustain these activities for any length of time.

Training for muscular endurance with weight resistance or free body exercises involves high repetition. In fact, these exercises, like developmental activities, must be sustained to near exhaustion for improvement to occur.

Training or strength improvement or maintenance is accomplished by weight resistance exercises, free body exercises and developmental activities such as gymnastics or dance.

Weight resistance exercises are probably the most efficient way to train as far as time and development are concerned.

Strength training should be performed at least two to four times weekly on alternate days.

Weight resistance exercises require more recovery time, while free body exercises and developmental activities

should be performed to near exhaustion from any strength development and maintenance of muscular endurance.

Three principles, overload, progressive resistance and specificity, must be applied to any type of strength training in order to produce a training effect.

These three principles state that you must overload the muscles, progressively increase the overload and exercise the specific muscle or muscle group you want to develop in order to increase strength.

Strength will aid in improving motor skills, but will not automatically transfer improvements from one activity to another. Strength training will not effectively produce or maintain a high level of cardiovascular fitness and should not be considered a substitute for such. How-

See **MUSCLE STRENGTH**,
Page B7

Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 28 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout," showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 54 years since 1951. Morgue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from "The Huachuca Scout", No-

vember 10, 1955

Small Magnetron, Size of Golf Ball, Developed by Ft. Monmouth Labs

The world's smallest continuous wave, self-contained magnetron tube – a must for developing small mobile radar sets that can be carried by troops in foxholes to warn against approaching tanks – has been made at the Signal Corps Engineering Laboratories in Fort Monmouth, N. J.

About the size of a golf ball, and weighing only three ounces, this new tube is the same type as the "mystery development" of World War II that enabled Allied radar to pin-point enemy ships and planes through fog and darkness with greater accuracy.

The new tube is 50 times more powerful than the Klystron tube it was designed to replace, and uses far less filament battery power. It transmits on a frequency about 100 times higher than that used by FM broadcasting stations.

The new tube is also expected to be of military value in short-range field communications operations, between advanced lines and rear echelons. This extremely rugged tube resembles physically a standard-type receiving tube and operates from a plate supply of 450 to 500 volts and a heater supply of six volts.

Reenlistment for Army Schools Now Possible for Enlisted Men

EM may now enlist or reenlist for the specific purpose of attending Army Schools

under AR 601-229.

This enlistment option is applicable worldwide to all qualified in-service men and women (regular Army enlistees, inductees, and Army Reserve component personnel on active duty). It also applies to those who enlist or reenlist within 90 days from date of discharge or relief from active duty.

Courses covered by this regulation are listed in the current Detailed Schedule of Classes, Army Schools, published by Continental Army Command.

The new AR states: "reenlistment officers at installations and personnel at recruiting installations will make available to applicants information on school courses available under this program."

Applicants must meet these qualifications: Be fully qualified for enlistment or reenlistment under the provisions of AR 615, meet the prerequisites contained in DA Pamphlet 20 – 21 for the particular course desired, and meet the selection criteria prescribed in AR 611 -215.

However, the regulations authorizing this option (AR 601 – 220) establish the restriction, "No person previously enlisted or reenlisted under these regulations may again reenlist under the provisions of these regulations until the expiration of a period of three years from date of such enlistment or reenlistment."

Ask The Dietitian

The bottom line on high-protein diets

BY CAPT. JENNIFER L.
RODRIGUEZ
REGISTERED DIETITIAN

High-protein diets have been around for years; Atkins, South Beach, Scarsdale to name a few. These diets do in fact promote weight loss, but the type of weight loss is not fat loss and the ability to continue the diet long

term is difficult. Initial weight loss on these types of diets comes from water losses.

The problem with these diets is people with other medical problems such as high cholesterol, heart disease or diabetes are at even higher risk due to high amounts of fat and protein when these diets are followed long term. Some common side

effects of high protein diets include fatigue, constipation, diarrhea, thinning hair, dry skin, bad breath, and muscle cramps.

In addition, high amounts of protein can strain the kidneys and this is why most high protein diets recommend drinking a lot of water.

The bottom line when trying to lose weight is calories. If you

“weigh” the fad diets, they all restrict caloric intake to approximately 1,200 to 1,600 calories a day. Reducing caloric intake by 500 calories a day for 7 days will result in a one-pound weight loss at the end of the week.

Carbohydrates are not the enemy. Be sure to choose the “right” kinds of carbohydrates such as whole grain breads,

whole grain cereals, fruits and vegetables instead of refined carbohydrates like those found in soda, sweets, and convenience foods.

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

Arizona Tourist

Explore your heritage at Arizona's military museums

BY MICHAEL COLLINS
CONTRIBUTING WRITER

When I was a kid, I loved watching the old black and white World War II sagas of men in battle. I spent hours in front of our old Philco, fantasizing about revving the engines from the cockpit of my B-17, the crew chief and I exchange thumbs up and I rolled down the runway to destroy the Nazi war machine. And like the fictional characters in “Twelve O’Clock High”, my fantasy always allowed me to return unscathed.

But war is not fantasy.

‘Paying the ultimate price in the defense of their country’ has almost become a trite eulogy when crediting the Sergeant Smiths or Airman Jones for their sacrifice. It has been said so many times and in so many places. Yet, Jones and Smith were real people, with dreams that were never fulfilled but willing to give everything so ours might be. A dedicated cadre with the core belief that the least to the greatest among us can endeavor to be the people they want to be so that the nation may thrive.

This week’s travel column is dedi-

cated to the generations of Smiths and Jones that have come before. Most were ordinary people that did extraordinary things under the most difficult of circumstances.

Veterans’ Day allows us to opportunity to remember and honor these ordinary people that showed uncommon character when our nation needed it the most. Arizona’s military museums provide an unfettered view into the lives of all the Smith and Jones and by visiting these shrines dedicated to their valor allows us to recognize their contributions.

The Fort Huachuca Historical Museum located on the north end of the Brown Parade Field examines the foundations established by previous generations of soldiers that came before. The mission of the museum is to bring the military community and general public an increased appreciation for the colorful history of the Southwest, especially the prominent role played by the U.S. Army. Some of the U.S. Army manuscripts and documents, dating back as far as 1861, can tell the visitors a great deal about the way of life on a rugged frontier.

A Museum Annex across the street from the Fort Huachuca Historical Museum displays additional artifacts belonging to the museum. The second, lesser known museum on post is the U.S. Army Intelligence Museum which takes for its theme the evolution of the intelligence art within the U.S. Army. It is in building 41411, just down the street from the Fort Huachuca Museum and its Annex.

The museums are open to the public without charge. Civilian visitors are welcome. Hours are 9 a.m. to 4 p.m., Monday through Friday, and 1 p.m. to 4 p.m., Saturday and Sunday. For further information on the museum, call (520) 533-5736 or visit www.huachuca-www.army.mil/HISTORY/museum.htm.

The Commemorative Air Force in Mesa is dedicated to the preservation in flying condition of the war planes that dominated the skies of World War II. Their museum at Falcon Field is home to the authentically restored World War II B-17 bomber, “Sentimental Journey.” What makes this experience more remarkable is the opportunity to fly in the display.

Take off in the legendary bomber for a historic flight that is only \$395 per person, minimum of five people per flight.

The Museum is open 10 a.m. until 4:00 p.m. daily. A \$7 donation to the museum is requested for admission for Adults, \$3 for Children ages 6-12 and Children under 6 are free. For more information call 480-924-1940 or visit www.arizonawingcafe.com on the Web.

The Pima Air & Space Museum offers tours of Aerospace Maintenance and Regeneration Center Facility (AMARC) and is located on Davis-Monthan Air Force Base. Notable among the displays are the BD-5J, the world’s smallest jet airplane made famous by its appearance in the James Bond film “Octopussy.” Ride the Morphis Simulator, climb aboard President Kennedy’s Air Force One and for a high adrenaline charge, climb aboard the supersonic, SR-71 Blackbird “Spy Plane.”

Advance reservations are strongly recommended to guarantee seating. To make a tour reservation, please call the reservation desk at (520) 618-4800 or www.pimaair.org.

Community Briefs

Veterans’ Day concert

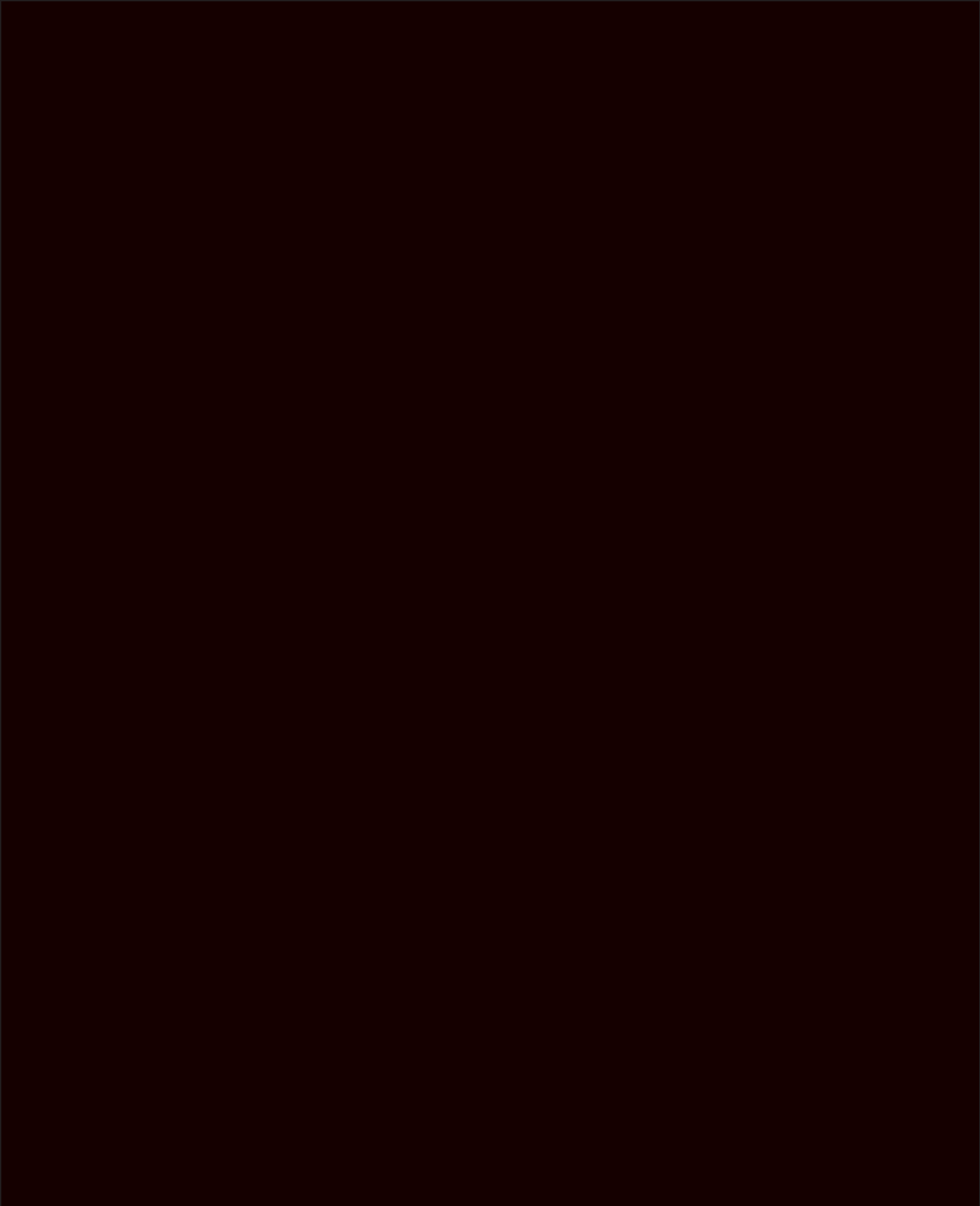
The Southern Arizona VA Health Care System and the Pima Community College, Community and Oral History Center – Downtown Campus, have teamed up for the third annual Veterans Day Concert, and Ceremony at 2 p.m. on Friday in the Fountain Courtyard of the Tucson VA Medical Center, at 3601 S. Sixth Avenue.

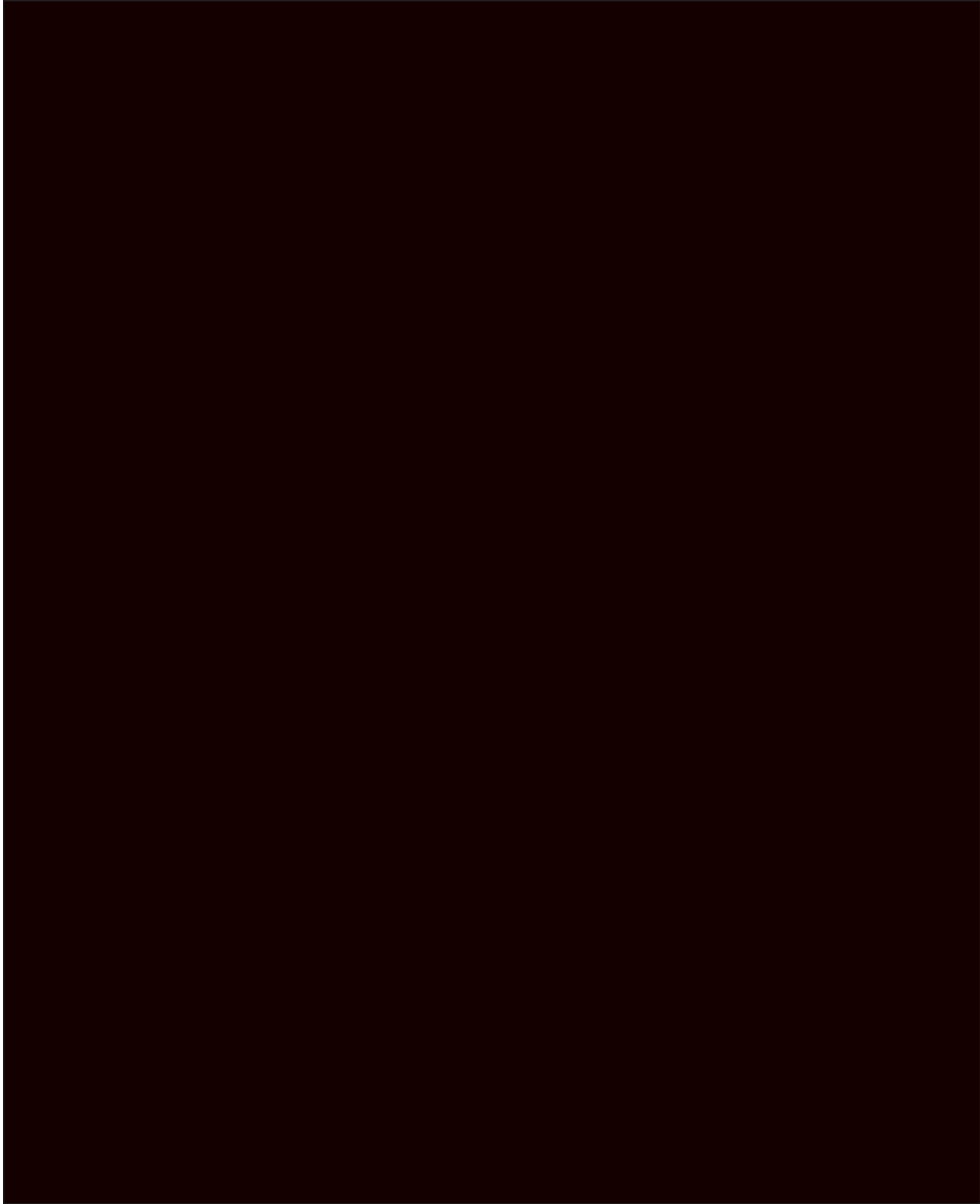
This Veteran’s Day Ceremony at SAVAHCS will be honoring the long line of men and women who have served in our nations’ armed forces. “Forty-eight million of our fellow citizens have earned our gratitude by donning our nation’s uniform, and we will be honoring them at this annual ceremony,” stated Mr. Gardner.

“We look forward and invite the public to come out in making this day special, for all our veterans,”

Gardner continued. The concert is free and open to the public. Refreshments will be served after the conclusion of the program for all those in attendance.

For more information, contact the SAVAHCS Public Affairs Office at (520) 629-1819, Voluntary Services Office at (520) 629-1822, or the Community & Oral History Center at Pima College – Downtown Campus, (520) 206-7214 or 882-6648.





Commissary hours

The Commissary will keep regular business hours on Veterans' Day.

There will be a Produce Fair at the Commissary on Sunday and Monday with greatly reduced prices on many produce and plant items, just in time for Thanksgiving!

Pistol range closed

The pistol range (range number 3) at the Sportsman's Center will be closed through Nov. 16 during deer hunting season.

For more information, call Carl Jenson at 533-7085.

Golf Tournament

The 3rd Annual MEDDAC Golf Tournament will be held at 1 p.m. (registration begins at 11 a.m.) Saturday at the Pueblo Del Sol Country Club. The tournament will consist of four-man teams/best-ball tourney. Registration is \$55. The tournament fee includes green fees and cart and only cash or checks will be accepted. The tournament is limited to the first 24 teams.

For more information, call 533-3959.

Scavenger hunt

There will be a Scavenger Hunt in Old Bisbee from 5-9 p.m. Saturday on OK Street. Registration starts at 4 p.m. Cost is \$6 per person for up to 4 person teams. Entry fee includes a barbeque meal. Prizes include great dining and lodging packages, golf, gift certificates, etc.

For more information, call (520) 432-7200.

Self-help chain link fences

Effective immediately, the Family Housing Office will issue a limited amount of chain-link fence material to residents on a first-come, first serve basis.

This will be a U-DO-IT project requiring removal of existing fence fabric at one address and reinstallation of fence at the new quarters. Any additional material such as

posts, rails, cement or gate will be the responsibility of the resident. Fence installation request forms are available at the Family Housing Office, building 41415.

Digging permits will be required. Upon retrieval of fencing fabric, the material will be added to your hand-receipt.

If you are interested in installing a chain-link fence at your quarters and have the time to spend on this project, please contact Kimberly Lewis, 533-5901.

Free seminar

Faith Community Church of Sierra Vista will present a free seminar on "The Lost Art of Child Rearing" from 9 a.m. to noon Saturday at the Apache Middle School cafeteria on Fry Blvd. Please call 417-2468 to pre-register. Child care will not be provided.

Military appreciation

From 5 to 9 p.m. Monday, to show support of our military, Golden Corrals across the country will be offering a free dinner buffet w/choice of beverage to any former or active duty member of the military including National Guard and Reserves. To find a restaurant close to you, visit www.goldencorral.net/RestaurantFinder.asp.

Free concert

The Cochise College Band will present a "music around the world" concert beginning at 7 p.m. Tuesday. The free concert will be held at the Cochise Theater on Fort Huachuca and is open to the public. For more information, call 515-5440.

Free seminar

A free seminar on "Marketing Yourself for a Second Career," a two and one half hour professional lecture for officers and NCOs who plan to leave the service in the next one-to-five years, will be held 1-3:30 p.m. Wednesday at the Cochise Theater. Spouses are cordially invited. The speaker will be retired Col. Dan Koslov. For more infor-

mation, call Nolan Cook at 533-7314.

Adopt-a-Soldier

The 111th Military Intelligence Brigade is hosting its 17th annual Adopt a Soldier Program for initial entry Soldiers.

This program connects Soldiers and military service-members with families within the Fort Huachuca and Sierra Vista community who would be willing to host them for a home-cooked Thanksgiving Dinner.

The 111th MI Bde. will also host a warm up party at 7 p.m. Nov. 22 at the Eifler Gym to introduce Soldiers to their host families prior to Thanksgiving.

Currently, there are 97 Soldiers signed up and 45 families are needed. The deadline for families to sign up is Nov. 18.

To volunteer to host a Soldier, contact Chaplain (Maj.) John O'Grady at 533-8774 or Staff Sgt. Robinson at 538-1252.

Coaches' meeting for CC Basketball

The coaches' meeting for the 2006 Commander's Cup Basketball Program will be held at 10 a.m., Nov. 21 at Barnes Field House. Units wishing to participate in the program should submit a letter of intent, with coach's name, duty phone and e-mail address at this meeting.

Team rosters are due Dec. 2 and the program will begin at 6 p.m., starting Dec. 5 at Barnes Field House.

This is a recreational program, open to all authorized MWR patrons. For more information, call Tom Lumley at 533-5031 or e-mail: thomas.lumley@hua.army.mil.

Holiday Ball

The Commanding General USAIC&FH, wishes to invite you to the 2005 Holiday Ball. Social hour begins at 6 p.m., followed by dinner at 7 p.m. Dec. 9 at the Thunder Mountain Activity Centre. The dress for the event will be Military Dress Uniform/ Black Tie/ Gown. For more information, contact your unit command sergeant major.

Pets Of The Week



Lobo is an adult shepherd/chow mix. Courtesy photo from petfinder.com.



Tom is a 1-year-old neutered male gray and white longhair. Courtesy photo from petfinder.com.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachuca.petfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

AAFFEST

Today -7 p.m.

Flightplan

PG-13

Friday

Closed

Saturday -7 p.m.

Serenity

PG-13

Sunday -2 p.m.

The Greatest Game Ever Played

PG

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source.

The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



MUSCLE STRENGTH, from Page B2

ever, strength training is very compatible with cardiovascular fitness training modes and can easily be integrated to offer a well-rounded fitness program.

Most fitness tests, including those in the military, such as timed push-ups and sit-ups, test muscular endurance. Pull-ups [U.S. Marine Corps] would be more a measure of relative strength while timed runs would measure cardiovascular fitness and muscular endurance of the lower body (upper and lower leg muscles and hip muscles).

Strength training has its own vocabulary. Knowledge of the following terminology is basic to beginning a strength program.

Isotonic: muscular contraction with force exerted against a movable object.

Concentric contraction: a muscular contraction in which there is a decrease in the length of the muscle fibers involved. It is also referred to as positive work. The muscle fibers move from a lengthened position to a shortened position against the resistance. Most strength training exercises are performed by concentric contraction.

Eccentric contraction: a muscular contraction in which there is an increase in the length of the muscle fibers involved. It is also referred to as negative work. The muscle fibers gradually move from a shortened position to a lengthened position against the resistance. Eccentric contraction has shown benefits in increasing flexibility.

Set: a designated number of repetitions performed consecutively.

Repetition: each complete movement of the designated exercise within a set.

Set system: a training system in which each exercise is performed in consecutive sets to the completion of the exercise. The number of repetitions within each set as well as the resistance can vary.

Circuit training: a training system in which a combination of exercises are performed consecutively for a designated number of repetitions or length of time. The circuit may be repeated or designed to be a complete workout.

Resistance/weight load: the amount of weight that a person is lifting for each specific exercise.

Rest interval: the amount of time taken between exercises, circuits or sets for recovery purposes.

Starting weight: the weight load or resistance that a person uses in the beginning of an exercise. Experimentation and trial and error are sometimes the best in establishing starting weight. However, as a suggestion for an adult of normal bodyweight in good health, use 40 or 50 percent of bodyweight for large muscle exercises, such as the bench press, leg press and barbell squat.

For smaller muscle exercises, such as the arm curl, seated press and pullover, use 25 to 35 percent of bodyweight. Make adjustments as to your present strength and fitness levels.

Breathing: there is much controversy about how to breathe during strength training. A general rule to follow is to inhale on the pulling phase and exhale on the pushing phase of each repetition of an exercise.

Do not hold your breath during any phase of strength training. Excessive deep breathing and breath holding can cause dizziness, nausea or fainting if hyperventilation occurs.

Example A: Bench press – exhale as you push the weight up and inhale as you lower (pull) the weight load.

Example B: Seated rowing – inhale as you pull the weight to your body and exhale as you return to the starting position (push).

A question often asked is which is better to use, free weights or strength machines. The answer is that both are good and will benefit strength development. Often it is a personal preference and availability.

The difference is that free weights require balance and coordination and utilize more muscle groups in performance known as guiding muscles and stabilizers.

For the average adult, strength machines will fit nicely into strength development and maintenance. Don't forget free body exercise such as pull ups/chin-ups, push-ups and bar dips to round out your exercise program.